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HOW TO LIVE A HUNDRED YEARS

Being a Heart
to Heart Talk :

By

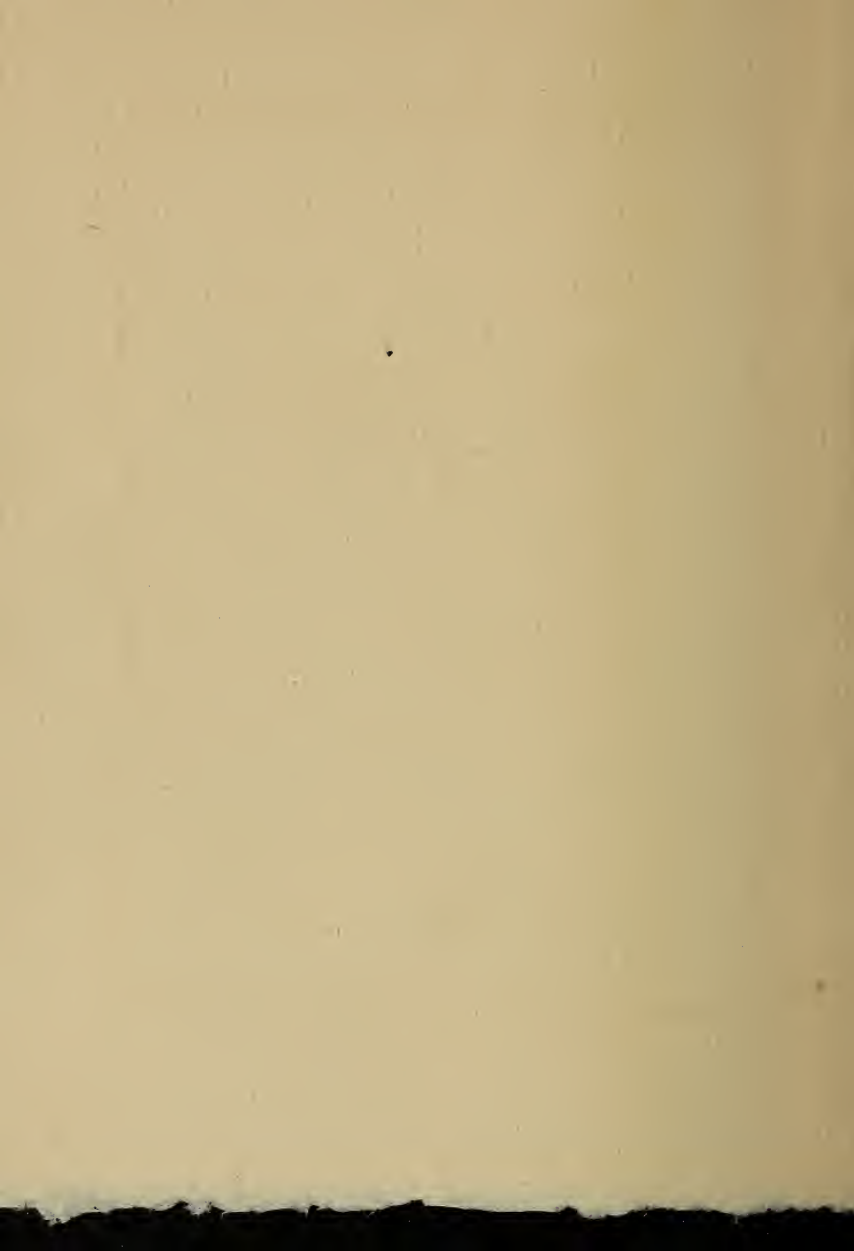
FRA ELBERTUS

Health

is a

Habit:

Get It



How To Live a Hundred Years

Being a Heart-to-Heart
Talk by Fra Elbertus



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By
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How To Live a Hundred Years



THIS is an advertisement for the Best Food of which I know & But before I tell you of this particular Food, I want to say something else. And that is: Nature intended that each animal should live to an age approximating five times the number of years it takes to reach its bodily maturity.

Man reaches his height and maximum strength at twenty, and should therefore live to be a hundred.

The brain, being the last organ developed, and growing until man is past seventy, should sit secure and watch every organ decline. As it is, the brain, with over one-half of the individuals who live to be seventy, loses its power before the hands and feet, and death reaps something less than a man.

The Most Natural Thing in the World

HEALTH is the most natural thing in the world. It is natural to be healthy, because we are a part of Nature—we are Nature & Nature is trying hard to keep us well, because

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she needs us in her business. ¶ Nature needs man so he will be useful to other men.

The rewards of life are for service.

And the penalties of life are for selfishness.

¶ Human service is the highest form of self-interest for the person who serves.

We preserve our sanity, only as we forget self in service.

To center on one's self, and forget our relationship to society, is to summon misery, and misery means disease.

Just a few plain rules, and the whole matter of life is automatic and self-lubricating. ♪

Health is a habit. In the race of life man with educated bowels will eclipse the party with an educated brain—but why not have both?

A Natural Food

THERE is one food now on the market which a great number of people with delicate digestions are using with great advantage and benefit, and that is Mapl-Flake ♪ I have used this delightful preparation with great satisfaction; have recommended it to a great many others; and in all cases it has

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been a satisfaction and a benefit, and in a few instances has worked a positive change for good that has been most gratifying.

Mapl-Flake is made from whole wheat.

In white flour it is well known that the outer husk of the wheat, or the brown portion, is removed. This is exactly as it should not be. The bran is just as necessary as the inner portion of the wheat. The bran has a direct office to perform in stimulating the nerves, stomach and entire digestive tract. Any one who is suffering from the effects of sedentary habits should give this delightful food a trial, and note the relief and the health betterment that follows its use.

Mapl-Flake is not in any sense a drug or a medicine. It is simply a valuable food-product made from wheat flavored with maple and cane sugar. Some eat it without cream or the addition of any sugar or sweets; others prefer it with cream or fruit-juices.

But eat it as you like it—once a day or three times a day as appetite calls.

I am glad when I see any one getting the Mapl-Flake Habit, for I know that it means

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better thoughts, more work, and a general resiliency in the entire system.

Tired Nature's Sweet Restorer

PEOPLE with impaired digestion do not sleep well at night ❀ In fact, they are slightly poisoned with fermented food.

Action is the one law of Nature. Everything is in motion. And digestion goes on during our sleep just as much as when we are awake.

¶ Drugs and chemicals that work while you sleep are a little later going to prevent your working when awake.

What we want is to be very much awake in the daytime and very much asleep at night.

¶ And these things are only possible to people who eat the right food, think good thoughts, and observe the every-day, common laws of health ❀ ❀

Any one with the Mapl-Flake Habit need never fear appendicitis, ptomaines, rheumatism, sciatica, and all of these beautiful diseases with which the doctors have supplied us ❀ ❀

However, I think it a mistake to blame the medical fraternity for all of our ills and dis-

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abilities. The fact is, doctors minister to the prejudices of the times, because they are a part of the times. Doctors are men, just like the rest of us, neither better nor worse, and as we grow better, we have better doctors. ¶ It is a delight now to find many physicians who not only recommend Mapl-Flake as a food to their patients, but who use it on their own tables.

The Value of Whole Wheat

WHEAT is the great natural food of the race; but it must be whole wheat, and not wheat that has lost the outside husk or bran portion.

The bran in Mapl-Flake acts as a gentle irritant, and thus stimulates the natural peristaltic action of the bowels. The whole wheat, steamed and cooked in a certain way and flavored with maple-sugar, brings about the desired qualities in the food which make it delightfully palatable and also digestible.

Foods made from Indian corn are more or less heating, and the tendency is toward congestion and fever, which result in torpidity and inaction. This is especially true, I believe,

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of all the corn flakes made, the reason this is so being apparently that all the oil is extracted from the corn: also, all the hull is removed and the starchy portion only of the kernel is used in making corn flakes.

The bran in the wheat, however, produces exactly the opposite effect to that just noted, being a cooling, healthful and gentle stimulant. ¶ Mapl-Flake is sold by all the best grocers. If there is something just as good I have never discovered it.

So great, in fact, has become the vogue of Mapl-Flake, and as an evidence of the trend of the times, that I will just mention that in thousands of hotels, restaurants and dining-cars, Mapl-Flake is regularly served in individual packages. Here, at The Roycroft Inn, Mapl-Flake is a standard article of diet.

Dietetic Sinners

THE Mapl-Flake Habit avoids malnutrition. Bad breath, flatulence, drowsiness in the daytime, wakefulness at night, all mean food-poisoning. Resort to drugs for relief, continue to gulp, guzzle and bolt, turning to the doctor now and then in time

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of trouble, and the water-supply gets infected by the sewage, and the doctors call it Nervous Prostration, Bright's Disease, Inflammatory Rheumatism or Neuritis, and the undertaker begins to take a personal interest in you. ♣ Very, very few deaths are natural. Men die because a part gives out, and, unlike an Oliver Plow or a McCormick Reaper, you can't replace the part. The next best thing, when you have a hot box or get short-circuited, is to scud for the surgeon; and he cuts into you, removes the offender, and you go on through life with one cylinder, somewhat proud of it, mentioning the fact to neighbors and marveling that you can run at all with one kidney and no appendix.

Please bear in mind that the greatest dietetic sinners are not the poor and ignorant, but the so-called educated class. We all realize the dangers from strong drink, but strong meat that sets up its ferment after you eat it is quite as bad as the product of the grain that is fermented first and swallowed afterwards. ♣

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The Evils of Malnutrition

THE craving for stimulants is a disease, and never goes with Dietetic Righteousness. Crime follows malnutrition, as does night the day. Irritability, stupidity, touchiness are some of the results of food-poisoning. The criminal is a sick man. ¶ Twenty-five years ago Doctor Charcot of Paris said, "Ninety-five per cent of all diseases have their origin in the digestive tract."

The one prevailing complaint among civilized people is malnutrition—indigestion and inactivity of the bowels. This causes excuse for the vast purchase of pills and medicines to relieve a condition which should never occur. ¶ There is a way to regulate the bowels by eating the right food.

Most of the so-called "heart diseases" are stomach troubles. The stomach, being located just beneath the heart, fermentation causes pressure on the heart, and this starts palpitation and irregularity of heart-beat; and probably in time may set up a genuine heart-disease ❀ ❀

All diseases of the liver have their rise in

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imperfect digestion. Overtaxed kidneys, with Diabetes and Bright's Disease, follow like causes. Catarrh, hay-fever, colds, typhoid, yellow fever and smallpox may originate from imperfect elimination.

Disease catches those who lack resisting power, or resiliency. Keep your bodily health up to a high average and you are proof against any malevolent germs that may come along.

¶ Health means that the friendly germs are fighting for you, and disease means that the germs of dissolution and death are in the majority. ¶ As a student of the so-called "science of medicine," I would say that the first requisite to health is that one confine himself to foods that agree with him, and that bring about natural elimination without the use of drugs and chemicals.

There are thousands of people using corn-flaked foods who are not conscious that they have every constipating tendency.

The Bane of Drugs

THERE is one thing the world has not known until very recent times, and that is that every drug has not only a direct effect

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but a reactionary effect. Action and reaction are equal.

The use of drugs which bring about quick action of the bowels is always followed by periods of inaction and torpor. Then after a time the individual has to take more medicine. He is educating his bowels, and he is wrongly educating them, and in course of time he becomes a victim of the drug habit—which is just as bad as to be a victim of the drink habit. And in fact it is very much like it, save that its symptoms are somewhat veiled, but it is just as deadly in its career.

Doctor J. H. Tilden, of Denver, one of the great moderns, says that in all of his career he has never known a case of appendicitis except with individuals who were addicted to the drug habit ✱ Appendicitis follows torpidity, and is the natural result of impaction, starting inflammation in a small but very useful organ. The vermiform appendix becomes fevered, then inflamed, and fashionable surgery, not being able to cure the complaint, simply cuts the organ out, with the result that the person is never again capable

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of happy, generous, exuberant health—the health we would all enjoy if we lived properly.

¶ Every individual should discover for himself the foods that agree with him and stick to them. He will also probably discover the foods that disagree with him, and these he should absolutely forego.

Get the Mapl-Flake Habit!

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HERE THEN ENDETH THE BOOKLET, ENTITLED,
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can Religion:
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breathe, live,
bathe, study,
laugh & love**

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Heaven is
largely a
matter of
digestion